

***THE EFFECT OF Administering Fig Juice (Ficus Carica L.) ON
TRIGLYCERIDE LEVELS OF WISTAR DYSLIPIDEMIA STRAIN RATS***

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ABSTRACT

An unhealthy lifestyle and a diet that tends to consume foods high in fat are one of the factors causing dyslipidemia. Dyslipidemia is characterized by increased triglyceride levels. Figs contain flavonoids which can reduce triglyceride levels in the blood. This study aims to determine the effect of giving fig juice on triglyceride levels. This research uses a true experimental design with a pretest posttest with control group approach. This study used 24 Wistar rats aged 2-3 months with a weight of 130-230 grams which were divided into 3 groups, namely the negative control group which was given standard feed of 30 grams/rat/day, the positive control group which was given high-fat feed and the control group. The treatment was given high-fat feed and drink in the form of fig juice 8 ml/rat/day 2 times a day. The results showed that there was no significant difference in the triglyceride levels of each group before and after the intervention in the positive control group ($p = 0.161$, pretest = 167 mg/dl, posttest = 110 mg/dl). There was a difference in the negative group ($p = 0.012$, pretest = 95.5 mg/dl, posttest = 85.5 mg/dl) and the treatment group ($p = 0.012$, pretest = 141 mg/dl, posttest = 89 mg/dl). There was a significant difference in the triglyceride levels of the negative control group and the positive control group as well as the negative control group and the treatment group ($p = 0,011$). The conclusion of this study was that there was no effect of giving fig juice on the triglyceride levels of dyslipidemic Wistar rats.

Keywords: Fig Fruit Juice; Triglyceride Levels; induction of high fat feed